

CARBOLICIOUS

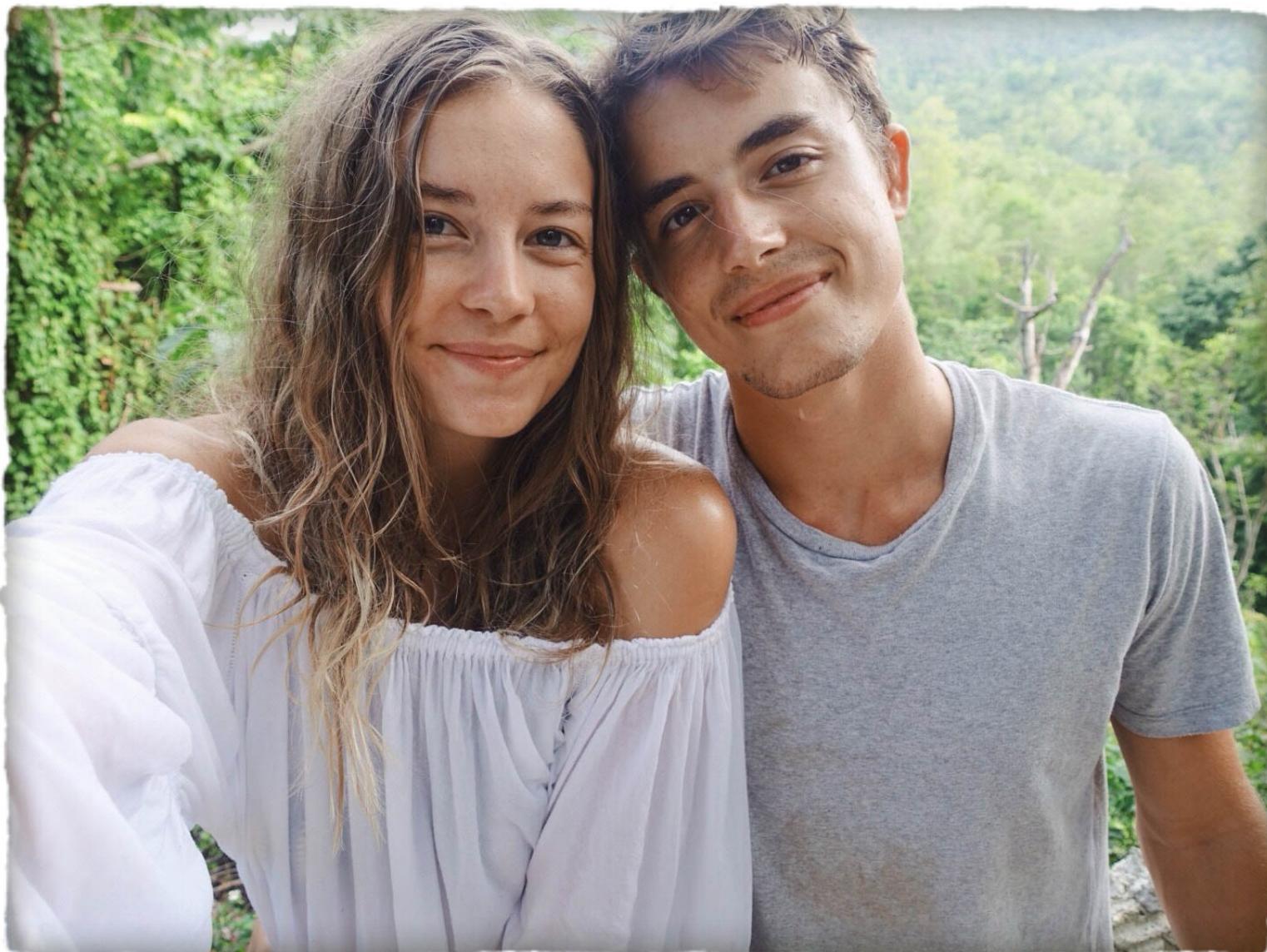
WRITTEN BY
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25+
RECIPES TO
CARB UP YOUR
LIFE

HELLO AND WELCOME

I know, I know you're all here for our amazing, mouth-watering recipes... (hehe). But before we start, I just want to quickly talk you through a few things and the aim behind this book.



FIRSTLY in case you don't already know, my name is Bonny – middle name Rebecca - and my boyfriend Tim and I have created this epic, plant-based recipe book together! Thanks to Tim, I started my vegan journey nearly two years ago (2013) and have never looked back since. Even though at first I made the change for health reasons - and because it meant I could eat more carbs - it quickly turned into an ethical and moral belief after watching ‘Earthlings’. This documentary made me realize that I would never want to inflict pain on any animal... so why was I paying for someone else to do it for me? I can't even begin to explain the difference in my mind, body and soul. I feel like a completely different person... eating this way really has changed my life.

BOY WAS I LOST . . .

Prior to finding this lifestyle, I had a very bad relationship with food. I ALWAYS wanted more and more food but felt guilty after every meal and wondered why I never had any “self control”. When really, I was simply depriving myself of fuel. Back then, I was eating a diet based on animal products so therefore I had to restrict my calories in order to not gain weight. Now I’ve realised that calorie restriction actually damages my metabolism, causes more weight gain, leaves me feeling terrible, moody and ALWAYS HUNGRY (why live like that when you can eat all the wholesome carbs you want?!? Don’t worry, I’ll explain more soon).

I’m so grateful I had Tim at the beginning of my journey. He helped me realise that not all calories are created equal and that calories from carbohydrates are fuel and won’t make me gain weight! After I started learning more and more I began to view food as my friend and didn’t fear calories, actually the opposite! Calories = ENERGY. This was when everything changed. Before I found this lifestyle, I was so used to restricting my calories, and I didn’t know how to eat properly (eat more!). Tim helped me through all of that, and now I’m here to help YOU to eat as much as you want of vegan whole foods.

WHY EAT MORE?

Plant-based foods are naturally lower in calories, so a larger volume of food is needed. As humans we love to eat big so it’s the perfect combination. We need to actually feel full with fibre (found in all carbs) to completely satisfy our hunger physically and mentally. If you find yourself craving high-fat foods, it usually means you haven’t eaten enough CARBS! So don’t go for the fat. Have another smoothie or some potatoes instead!

Is food your fuel? Or do you rely on stimulants? Before this lifestyle, I used to rely on stimulants like coffee to give me energy and to wake me up! Most of the Western world is the same, and I feel that really says something about our diet and lifestyle. Most of us don’t get enough calories from the right foods. Therefore we rely on stimulants to get through the day (not fun). I strongly recommend giving up coffee and start focusing on getting your energy from food! If you rely on coffee to get by, something is not right ;). Each day I roughly eat around 2500 calories sometimes more if I exercise.

WHAT'S WITH ALL THE CARBS?

If you are new here you might be wondering... 'What's with all the carbs!?' Carbohydrates have a bad rap for causing weight gain. Yeah, it's totally all the fruit, vegetables and rice that is causing the obesity epidemic... not the oily, processed, deep-fried, high-fat animal products that most of society eats daily... No let's blame the rice.

The truth is, carbs have a bad rap because they have bad friends... think about it.

Potatoes are always cooked in oil; bread is full of salt and usually eaten with butter/meats; pasta is covered in either a meaty or creamy sauce; and rice is eaten with an oily, meaty stir fry! FAT is the issue here, but carbs take the blame (poor babies).

Every cell in our body runs off glucose (sugar). In other words, carbohydrates! Protein and fat are important, but only needed in **SMALL** amounts. Depriving the body from sugar, its primary source of fuel, forces the body to run off protein and fat, sending you into ketosis. Unfortunately that is the trend at the moment, and even though it may give temporary weight-loss results, it's extremely detrimental to your health! PLUS you will eventually hit a wall, your body will demand carbohydrates, and you will be sent into a binging spiral.

I'm not going to get all deep into the details because there are plenty of doctors that can explain it far better than me. BUT I do have a page on my Tumblr where I have answered all your questions about veganism and carbs! So definitely check that out! All information referenced by plant-based doctors: <http://bonnyrebecca.tumblr.com/whyvegan>

80/10/10

Tim and I roughly follow a macronutrient ratio of 80/10/10... Meaning 80% of our calories come from carbs, 10% from fat and 10% from protein. This is easy because most whole foods are naturally very high in carbs and low in fat and protein. With the exception of nuts, seeds, coconut and avocado, which we eat in small amounts. Some people prefer slightly lower fat and others slightly higher, but just know that all whole foods have all 3 macronutrients and getting enough fat or protein is never an issue as long as you are eating enough. I have more info about fat and protein on my Tumblr 'why vegan' page. :)

EDUCATE AND EMPOWER YOURSELF

COWSPIRACY



<http://www.cowspiracy.com/>

ENVIRONMENTAL INFORMATION

This documentary made me see a side to veganism that I was so unaware of...

It has influenced many people lately and is well worth the \$5 download!



<https://www.youtube.com/watch?v=ibuQ-J04eLQ>

<https://www.youtube.com/watch?v=vrgJXcyYWQE>

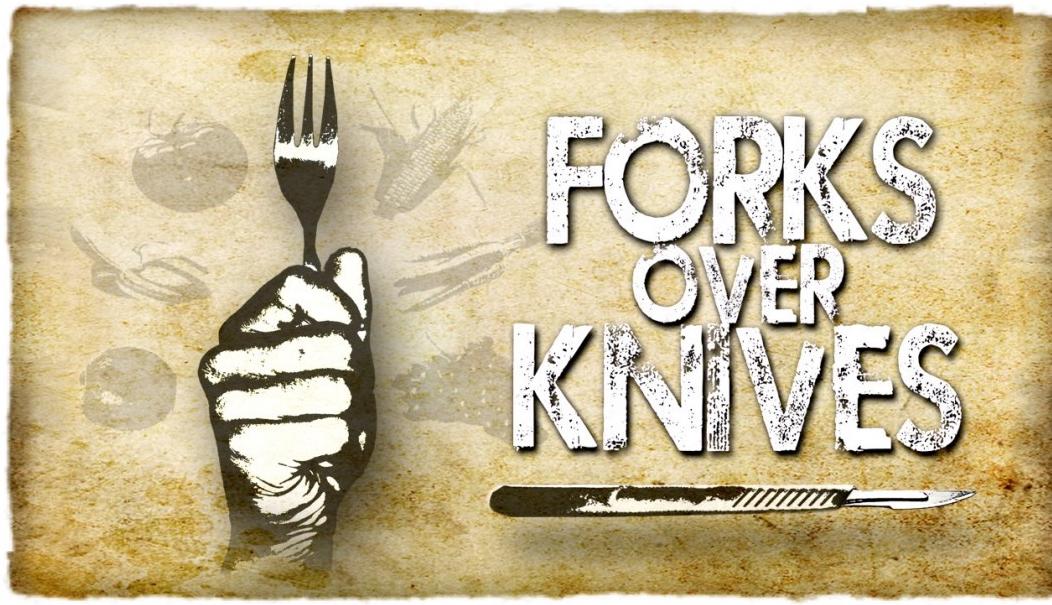
EARTHLINGS

ETHICAL INFORMATION

Incredibly confronting reality of what occurs behind closed doors.

I never knew the real truth behind my food, clothing and entertainment!

Free on YouTube



<http://forksoverknives.vhx.tv/>

FORKS OVER KNIVES

HEALTH INFORMATION

AMAZING documentary featuring the world's best plant-based doctors. They talk through why meat, dairy and eggs are detrimental to our health...

Life changing!

WHY NO OIL ?

This whole cook book is oil AND salt free! Why? Well, oil is not a health food, it is literally refined fat and is completely void of any nutritional value. Once I gave up oil I can't even explain the difference in my skin, weight, energy and mental clarity. Lots of people find it difficult to cook without oil when it is so widely used. Like I said, oil is pure fat and definitely not needed for flavour! You'll be surprised at how easy it is to cook without it, after making some minor adjustments, like using some water or veggie stock in the pan instead.

This is a great article on oil by Dr. John McDougall. Read it if you find yourself tempted to cook with it ;)

<https://www.drmcdougall.com/misc/2007nl/aug/oils.htm>

WHY NO SALT ?

Now let's talk salt. In excess it is very damaging to your organs, blood pressure, complexion etc. Salt is also really dehydrating because it holds 100x its weight in water. That water weight puffs you out and can make you look bigger than you actually are.

Now if this is new to you, then yes, it will take some time for your taste buds to adjust. Unfortunately, it's normal to add lots of salt to our meals. So chances are you're addicted (it's okay, I've been there). Keep in mind, the more you eat, the more you'll want, and the less you eat, the less you'll want!

But at first, cutting out salt can be a process so just try and slowly use less and less. Of course adding a little won't hurt especially if it helps you transition to plant-based foods but just know that adding salt to our food is completely unnecessary as all the sodium we need is naturally found in fruit and veggies!

There are some amazing plant-based doctors out there with tons of information on these topics and more. All of which are reversing diseases such as cancer, diabetes, heart disease, obesity with a high-carb, low-fat, plant-based diet. I strongly encourage you to research them:

- Dr. John McDougall
- Professor T. Collin Campbell
- Dr. Neal Barnard
- Dr. Caldwell Esselstyn
- Dr. Michael Greger
- Dr. Matthew Lederman

JUST A FEW OF MY FAVOURITES!

LET'S DO THIS

NOW with all that said, most of the info in this book is recipes with tips on how to enjoy preparing your meals and hopefully improve your cooking skills. Meaning, I'm not going to go deep into my personal journey, lifestyle, exercise or beauty tips (don't worry that will come one day)... I think learning to love cooking/ preparing your food is a really important part of health. The better and faster you are at cooking, the more likely you are to prepare nutritious and delicious meals. Therefore, you are less likely to get takeaway OR cook the same boring meals and end up feeling deprived! Invest your time and money into you, your body, your health, and you will feel the change throughout all aspects of life.

In case you can't already tell, I'm by no means a professional chef or writer, so throughout this book I will talk to you just how I would in person. Now, there may be some grammar mistakes and for that I'm deeply sorry... please don't abuse me on Tumblr (haha seriously, it hurts). I hope these recipes and methods help unleash your creative side! Go ahead, take these dishes and play with them, change them, build on them, make them your own!

But wait! Before you go... My last tip: Cooking is a skill that can take time and patience to develop. Don't be disheartened if you don't get it perfect the first time! Tim and I have failed many, many times... trust me. So just brush it off, try again, and enjoy the process... AND if you snap a photo of these recipe for instagram, then make sure you hashtag #CARBOLICIOUS, so I can see your amazing skills ;)



FRUIT !!!

Let's quickly talk about fruit! I love fruit and always have! It's naturally delicious, full of nutrients and is a perfect source of carbohydrates. When Tim first told me he ate fruit for lunch, I was confused and convinced that fruit would never satisfy me for a whole meal... but boy was I wrong. After a few weeks of eating fruit for breakfast and lunch, I was LOVING it. I felt so good, so energized, and my body was reaping the benefits.

Apart from Tim, 'Freelee the Banana Girl' on YouTube is another person that inspired me to try eating large fruit meals. In the summertime when high-calorie fruits like mangoes are abundant, I usually eat fruit for breakfast and lunch and then a high-carb, low-fat cooked meal for dinner. But during winter, I tend to eat a lot more starch like oats and potatoes for lunch as I crave the warmer foods and also because fruit availability is low.

There is always a debate in the high-carb community over whether fruit or starch is better. I say try both, and eat whatever you prefer! You can have smoothie or oats for breakfast, potatoes or mangoes for lunch, depending on your budget and personal preference!

Buying fruit in bulk is always easier and cheaper! Bananas are our staple as they are high in calories, usually cheaper and available yearly! I buy my bananas in bulk, let them ripen and then freeze them for smoothies or nice-cream.





FOOD COMBINING

When it comes to food combining, I recommend to avoid eating large fruit meals after cooked food. Fruit is very high in water, so therefore it digests a lot faster than cooked food. If you have oats for breakfast and mangoes for lunch, the mangoes may catch up to the oats and cause digestive issues such as gas, bloating and pains. Ew!

I've had this occur heaps, but some people don't have any issues, so see what works for you! PLUS always make sure your fruit is ripe. If the fruit is sour and not enjoyable... don't eat it!

MONO MEALS

When I eat fruit, I love to have smoothies and also mono meals. A mono meal is when you eat one type of fruit for the whole meal. I like to do it, especially with melons and mangoes!

Why have a mono meal? Eating one fruit is really amazing for your digestion. It's easy, and the body loves easy! You will notice a massive difference in energy levels and overall digestion. Also, the simpler the meals, the better, and the more you begin to appreciate the taste of food in its natural state.



BREAKFAST TIME!



Smoothies and juices are great first thing in the morning! Gentle on your body and hydrating, yet full of goodness and really easy to have on the go. If you are heading out the door for a long day, I recommend having something dense in calories that will keep you going. So having bananas as the base of your smoothie is perfect.

I would eat anywhere from 6-10 in a smoothie! Sometimes I even have 2 smoothies for breakfast. So put in as many as you want... But I'm sorry any less than 4 is weak, and we can't be friends.. (hehe only kidding) but if you are struggling with eating more, just aim to slowly add up your calories. Food is fuel, and you don't want to be caught starving with no healthy and filling food options around you!

SMOOTHIES

Lime & raspberry bowl



- 6-7 frozen bananas
- 1 cup of frozen raspberries
- 1 tsp of lime rind (grated)
- 1 tbsp of coconut sugar
- 1 cup of water

Combine all ingredients into a high speed blender, blend until smooth.

Top with whatever you like! Fresh raspberries, strawberry, buckwheat, etc. This can easily be made into a smoothie by adding more water or using normal bananas instead of frozen.

Peanut Butter Shake

- 6 bananas - frozen or normal
- 1 cup of ice
- 2 tsp of PB2 powder
- 2 dates
- 2 cups water or more depending how thick you like it!

Add all ingredients into a blender and blend. This makes amazing nice-cream as well, just use frozen bananas instead and very little water. So creamy and refreshing.



Mango & Nana

- 2 bananas (frozen or normal)
- 4 mangoes
- 1 cup of ice
- splash of water or more depending on how thick you like it!

Blend up and enjoy that summer goodness!



Sweet green

- 3 normal bananas
- 3 frozen bananas
- Half a pineapple or frozen pineapple
- 3 stalks of kale or spinach
- 7 mint leaves
- Juice of 1 lime and some zest
- 2 cups of water
- 1 tbsp of coconut sugar

First blend the kale and water together separately, to ensure the greens break down. Then add all other ingredients, and blend until smooth.



Sugar cane goodness

- 6-7 bananas
- Handful of spinach
- 2 cups of sugar cane juice (COLD)

First blend the spinach and sugar cane juice together until smooth. Then add the bananas and blend.

If you can't get your hands on some sugar cane juice try adding some coconut sugar AND frozen strawberries also go really well in this :)



Orange Jaffa nice-cream

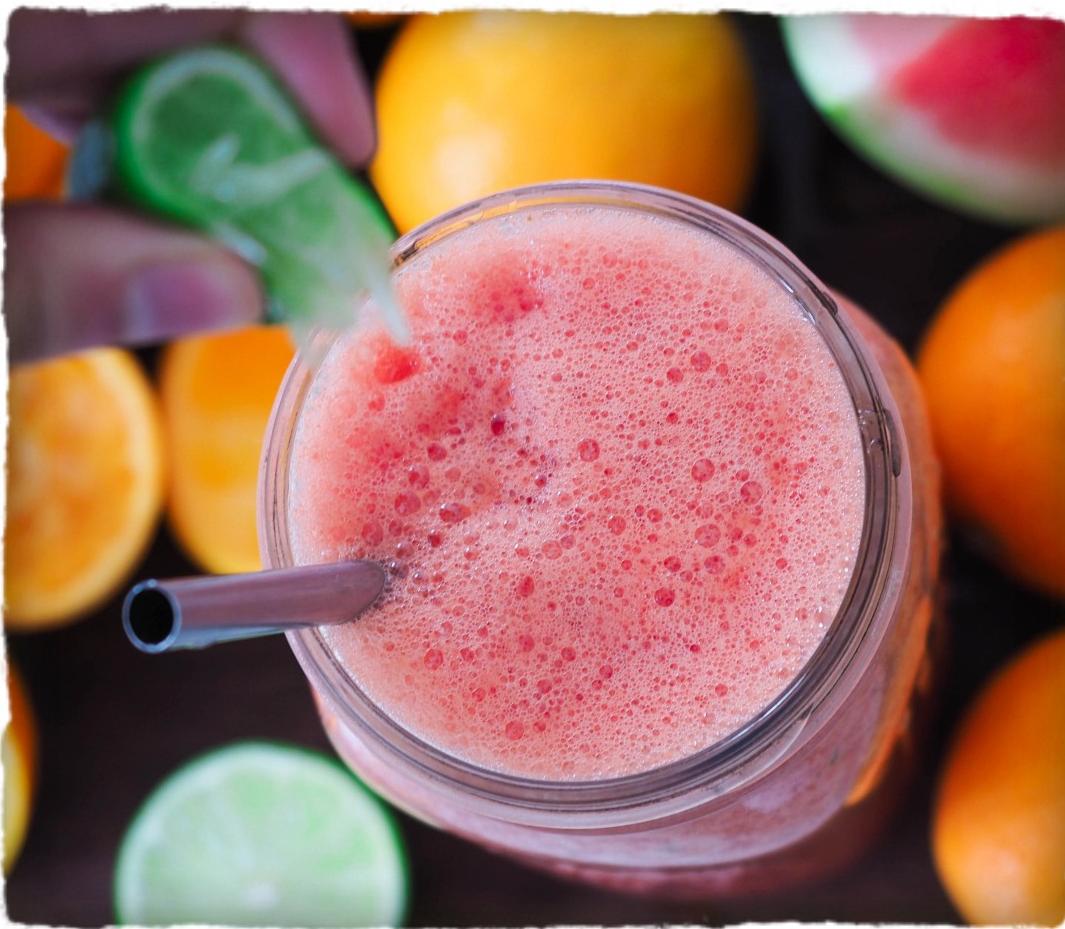
- 6 frozen bananas
- Half an orange
- Grated zest of half an orange
- 2 stevia vanilla drops

Blend all ingredients in a high speed blender (or food processor)

This is actually the best combo, adding the perfect amount of zest might take some practice. Just see how much you like and you can always add more at the end.



Juicy Juices



Watermelon & Orange Bliss

- Half a watermelon
- 4 oranges
- 1 lime(juice)
- 1 cup of ice

Chop up the watermelon, and remove the orange skins. Blend watermelon, oranges and ice until smooth. Serve and squeeze in one lime :)

If possible, refrigerate your watermelon before, the colder the better!

Carrot and Orange juice

- 10 carrots (peeled)
- 8 oranges

Juice the carrots, juice the oranges and then mix them together and you are DONE!

Check my ‘what I eat in a day’ videos to see what juicers we use :)

To be completely honest, we never measure how many carrot or oranges we use. Depending on how good your juicer is and how juicy the fruit is will determine how much juice you get. So play around and see how much you want to make and what fills you up. We usually have around 1.5 L each for breakfast!



BASIC OATMEAL

Oats are an amazing staple for breakfast or lunch! During the colder months, I always have porridge, and it's so warming and satisfying. I'm going to show you some of my favourite recipes, but first let's go through how I make just the oatmeal/porridge, whatever you want to call it :)

Now it's really basic, but I get this question all the time, so here is how I make my plain oatmeal! All the oatmeal recipes throughout will start with this 'basic oats' recipe :)

'Basic Oatmeal' Ingredients:

- Rolled oats
- Almond or oat milk
- Water (filtered)
- Maple syrup or coconut sugar for sweetener

STEP 1 Take desired amount of oats, put them in a pot, and add half/half of water and oat or almond milk. Put in enough liquid to just cover the oats. The reason I do half water is because I find it too dense with just milk. There is really no rules here. I don't measure. If it's looking dry, add more milk. Play around, and see how you like them.

STEP 2 Heat them on low/medium heat and stir until creamy and soft.

STEP 3 Add your choice of sweetener. I use maple syrup, rice malt syrup or coconut sugar! My all-time favourite simple toppings are frozen blueberries with banana!

EASY RIGHT ?

DATE SAUCE

This is my basic oatmeal topped with a date and apple sauce...I love this combo!

INGREDIENTS:

- 3 dates
- 1 apple
- 1 banana
- Maple syrup
- 1 tsp of cinnamon

STEP 1 Chop up the apple, and cook it in a pot with a dash of maple syrup.

STEP 2 Once the apple is soft, blend it up with all other ingredients (don't forget to remove the date seeds!).

STEP 3 DONE ! Serve on top of your oats. Tim likes to top it with some oat milk.





CARROT CAKE OATMEAL

INGREDIENTS

- 'Basic oatmeal' ingredients
- 1 carrot peeled and grated
- 1 tsp of orange zest (grated)
- Maple syrup
- Raisins (however many you want)
- Stevia vanilla drops
- 1 tsp of cinnamon
- 1 banana (mashed)

STEP 1 Cook the grated carrot and orange zest in a pot with a dash of maple syrup.

STEP 2 Once the carrot is cooked, add the mashed banana, 2 drops of vanilla, cinnamon and some raisins.

STEP 3 Straight after, you are going to add your oats and milk and continue to cook as normal!

STEP 4 Top with maple syrup or coconut sugar if you like. **DONE!** This one is a little different so it might not be everyone's favourite but I find it refreshing.

MAPLE OATMEAL

INGREDIENTS

- 'Basic oatmeal' ingredients
- Maple syrup
- Coconut sugar
- Cinnamon
- Strawberries and bananas

STEP 1 Okay so we are going to start this a little different. Take your desired amount of oats, put them in a bowl and coat them in maple syrup, some cinnamon and some coconut sugar (how much depends on how much oats your making but you want it to be and even coating).

STEP 2 Mix it all around, then spread onto a baking tray with baking paper and bake them at 180 degrees Celsius for like 5 min... watch them; they will burn!

STEP 3 Now you are left with crunchy oats. I use this as granola to top on smoothie bowls, etc... But today we are going to use these to make oatmeal/ porridge... I still don't know what to call it :)

STEP 4 Make oatmeal as normal with the baked oats (refer to basic oat recipe), and then top with strawberries and bananas or whatever you like. Baking the oats gives it a different texture, and I just love it! Sometimes I also pour cold milk over my oats once served. As I said before, Tim loves to do that... he soaks them !





BALLS

Date balls, oat balls, whatever you want to call them! They are perfect for snacks on the go or to munch on during movie night! This recipe makes around 14 balls.

INGREDIENTS

- 1 cup of oats
- 1 tsp of cinnamon
- 1 tbsp of coconut sugar
- 6-7 dates (pits removed)
- Dash of maple syrup
- 1 tsp of PB2 powdered (optional)
- 1 dried fig (optional)
- Desiccated coconut (for rolling in)

STEP 1 Throw all ingredients into a food processor, and mix until it's combined but not too gooey.

STEP 2 Roll into balls, and roll in desiccated coconut. Because I like to keep things low fat, I don't usually roll them in coconut, or if I do, I only roll a few and leave the others normal.

►PB2 powder is de-fatted peanut butter powder, so it's much lower in fat so that's great. However, the reason I say optional is because it can be hard to find, and if you are trying to avoid fat, then it's not necessary in this recipe :)

PEANUT BUTTER TIME

INGREDIENTS

- 'Basic oatmeal' Ingredients
- 1 tbsp of PB2 powder
- Buckinis (activated buckwheat)
- Bananas and or frozen berries

STEP 1 So basically you are going to cook your oats as normal but add in the PB2 power as well!

STEP 2 Top with buckinis, bananas and berries. **DONE!**

Now I usually just buy activated buckwheat and then roast them with maple syrup in big batches. I then keep them in a jar for when needed. It's a lot cheaper then buying buckinis. They add the best crunch to this and makes it feel like crunchy peanut butter...hmmmmm #carbolicious



APPLE PIE OATMEAL



INGREDIENTS

- 'Basic oat' Ingredients
- 1 Green apple chopped
- Dried fig chopped OR raisins
- 1 tsp of cinnamon
- 2 tbsp of maple syrup

STEP 1 First up we are going to take the chopped apple, and cook it down with the maple syrup in a pot.

STEP 2 Whilst that cooks, in another pot we are going to make our 'basic oat-meal'.

STEP 3 Once the apple is cooked, combine it with the oats, add the chopped fig(or raisins) and the cinnamon!

DONE! If it's not sweet enough, don't be scared to add some coconut sugar or more maple syrup.

TIMS TIPS

Tim pretty much taught me how to cook and along with it he taught me these tips... It's time to get into the real cooking! I use the following recipes for lunch or dinner. Usually I make extra so that I have leftovers for the next day. Before we start cooking, we have some basic tips that I didn't want to repeat at every recipe. Even though they might sound basic, they are useful reminders whilst cooking.

- Always wash your beans (tinned or dried)
- Always wash your rice.
- Always wash ALL of your veggies and greens.
- Keep your phone or a timer with you.
- Use a different chopping board for onions and garlic and one for fruit! That way your watermelon doesn't taste like garlic :)
- Get a good sharp knife.
- Get a decent blender.
- Get a non-stick pot/pan.
- Always put on some TUNES to groove to whilst cooking.
- Always cook more than you think you will need (leftovers ROCK)
- Make sure you have some fruit to snack on whilst cooking.
- Clean as you go! It makes life so much better when you don't have heaps of cleaning to do after dinner.
- tsp = teaspoon.... tbsp = tablespoon... just so we are clear. We are using actual measuring spoons which are usually slightly larger than normal draw spoons.
- Use water or a low-sodium veggie stock instead of oil, and add more as you go if anything begins to stick.

GREEN SPLIT PEA SOUP



INGREDIENTS

- 1 small onion, finely diced
 - 2 celery stalks, finely sliced
 - 2 carrots, diced
 - 3 small potatoes, cubed
 - 2 tsp smoked paprika
 - 1 tsp onion granules
 - 1 clove garlic, crushed
 - 2 tsp curry powder (no added salt or oil)
 - 2 cups green split peas
 - 8 cups water (or 1:1 veggies stock to water)
 - Large handful chopped parsley
 - Pepper
 - Chili flakes
 - Lemon juice
- This dish serves 1-2 high-carb vegans

THIS IS MY FAVORITE! I will probably say that a lot, but they are just all so special. This is so perfect for winter, rainy days or cold nights. Comforting and so filling :)

STEP 1 We eat this dish with rice, but it also goes really well with sweet potatoes or normal potatoes. So go ahead and put on your rice or potatoes first.

STEP 2 In a non-stick pot, add the first 8 ingredients and sauté in a dash of water for 3-5 minute until the onions and celery are transparent.

STEP 3 Add spilt peas, water and/or stock. Cover the pot, turn the heat to medium and simmer for 30-40 minutes until spilt peas and potatoes are soft.

TIPS Stir every 5-10 min depending on your pot, Bonny and I have burnt the bottom many of times, and it totally ruins the dish (haha). So don't let that happen. Dishes like this may take you a few times to perfect, so be patient as you master your skills!

STEP 4 Add the juice of 1 lemon once everything is cooked.

STEP 5 Once cooked, serve with rice or potatoes. Garnish with parsley and an additional squeeze of lemon, plus some pepper and chili flakes ! **DONE!**



EASY EGGPLANT



INGREDIENTS

- 1 large eggplant cut into large cubes or chunks
- 1 handful of king oyster mushrooms (or whatever mushrooms you've got handy)
- 1 tin of diced tomatoes
- Half a jar of oil-free artichokes (ends removed)
- 1 small red onion
- 1 garlic clove
- 1 tbsp of coconut sugar (optional)
- A large handful of flat leaf parsley including stalks finely chopped

►This dish serves 1-2 high-carb vegans.

This is honestly one of the easiest, tastiest dishes !!! We make this when we want dinner in 10 minutes, and it's so versatile. You can have it with rice, potatoes, sweet potatoes and even PASTA!

STEP 1 Cut eggplant, and put in a fan-forced oven at 180 degrees for 20 min whilst you prep other ingredients.

STEP 2 In a large non-stick pan, sauté onions and garlic in a dash of water for 2 min until fragrant. Then add your mushrooms and artichoke. Briefly cook for a few minutes.

STEP 3 Add tinned tomatoes, cook uncovered for 15 minutes on medium high to let the sauce reduce and thicken.

STEP 4 Add eggplants from the oven, chopped parsley and coconut sugar. Cook for a further few minutes until everything combines and parsley softens.

Serve with your choice of carb. **DONE !**

SWEET AND SOUR



INGREDIENTS

- Half a red capsicum sliced
- 4-5 medium-sized mushrooms
- Half a tin of pineapple
- Hand full of snow peas
- 1 carrot sliced
- 1 bunch of broccolini (or brocoli)
- 1 clove of crushed garlic
- 2 dry cups of rice

SAUCE

- 1/4 cup of coconut sugar
- 1 cup of pineapple juice- from the tin
- 1 tbsp of apple cider vinegar
- 3 tbsp of low sodium tomato sauce (ketchup)
- 3 tsp of corn starch – mixed with 3 tsp of water
- 1 tbsp of onion granules

►This dish serves 1-2 high-carb vegans

Step 1 Put on the rice!

Step 2 Chop up all veggies! Heat a non-stick pan with a bit of water over medium heat. Once pan is hot, throw in all the veggies except the snow peas along with the crushed garlic.

Step 3 Whilst the veggies cook, you want to prepare the sauce. This sauce is all about the balance of sweet and sour. Take out a small pot, and over medium heat, add the pineapple juice, coconut sugar, apple cider vinegar, tomato sauce and onion granules.

STEP 4 In a separate bowl, mix together the water and the corn starch, and then add it to the sauce. The cornstarch acts as a thickener.

TIPS Make sure you mix the corn starch and water first, before adding it to the sauce. Otherwise it will clump and not work out so good...

STEP 5 Slowly stir the sauce for a few minutes until it thickens. Once it's thickened up, you can add it to the veggies along with the snow peas, and cook for a further few minutes until snow peas are cooked but still firm. Serve with rice, and you'll be in sweet heaven!

Stuffed Tomatoes



►This dish serves 1-2 high-carb vegans

INGREDIENTS

- 8-10 gourmet tomatoes
- Oil-free breadcrumbs (optional)

STUFFING

- 1 cup of rice
- 1 cup of raisins (soaked)
- 1 large handful of dill chopped

- 2 large handfuls of parsley chopped
- 2 tbsp of pine nuts (optional)
- 1 handful of mint chopped
- Black pepper
- Juice of some lemon + some zest

This recipe is Tim's Yiayia's (Greek grandmother), and I LOOVE IT. Now traditionally this dish is made with lots of olive oil and salt, but as you know we don't use either in our cooking. So this is a oil/salt-free version. I have also simplified the cooking process so it's not the traditional way of making it, and Yiayia probably wouldn't approve but it's way easier and still super TASTY. This recipe makes enough filling for about 10 tomatoes. However if there is leftover rice, I just eat it on the side!

STEP 1 Put the rice on to cook, and soak the raisins in some water.

STEP 2 Slice the tops off the tomatoes and scoop out the insides into a bowl. DON'T throw away the lids or the insides... we need them! The riper the tomatoes, the easier to scoop, but be careful not to create holes!

STEP 3 Take the insides of the tomatoes, and blend until smooth. Put aside. Now your tomatoes should be scooped out and ready to be stuffed.



STEP 4 Get a baking tray ready with some baking paper and preheat the oven to 180 degrees Celsius.

STEP 5 Chop up all herbs, and drain the raisins. Once the rice is done, combine all the stuffing ingredients into a bowl and mix through. Then take your blended tomato juice, and add 2 cups worth into the the mixture. How much liquid there will be depends on how juicy your tomatoes are. So there might be some leftover, which you can drink or do whatever with!

STEP 6 Time to stuff the tomatoes with the mixture. Don't over fill them! Once stuffed, place them into the baking tray. Put the lids back on the tomatoes, sprinkle with some breadcrumbs if using them, and then cover the tray with foil. BAKE for 15 min covered. Then remove foil, and bake for a further 15 min or until tomatoes are soft. **ENJOY!**

Special quinoa



Ingredients

- 2 cups of quinoa
 - 1 cup of corn (fresh or frozen)
 - Half a punnet of cherry tomatoes (cut in half)
 - 4 mushrooms
 - 2 handfuls of baby spinach
 - Half a red capsicum
 - 1 handful of rocket
 - Half a small avo (optional)
 - Pepper
 - Lemon
 - 2 tsp of Tamari
- This dish serves 1-2 high-carb vegans

So when I first went vegan, this was my staple dish. Tim and I would come home from work late at night, make the biggest bowl ever, and it was the best. Then I overdid it and didn't eat it for like a year... THEN I recently remembered it and had to share it with you guys! So easy and so delicious!

#CARBOLICIOUS

STEP 1 Cook quinoa according to the packet.

STEP 2 In a pan, cook the mushrooms, corn, capsicum, tomatoes and the spinach in a splash of water with the tamari sauce, until veggies are cooked!

STEP 3 Once quinoa is cooked mix veggies through the quinoa, serve in a bowl and top with avocado, rocket, pepper and lemon juice.



BURGERS



burger

- Burger buns
- 1 beetroot
- 2 large tomatoes
- Lettuce of your choice
- Favourite green sprout (alfalfa, snow pea, etc.)
- 1 small avocado

►This recipe makes 6 patties !

PATTY

- 1 can of chickpeas
- 1 cup of corn
- Half a small red onion
- Large handful of coriander
- 1 tsp of cumin
- 1 tsp of smoked paprika
- 1 clove garlic crushed
- 1 tsp black pepper
- 1 tsp of lemon zest
- ½ cup of rice (not cooked)

STEP 1 Firstly you want to put on the rice for the patties, that's half a cup of uncooked rice going into the rice cooker, just so we are clear!

STEP 2 Whilst the rice cooks, prepare the veggies that are going onto the burger. Grate the beetroot (raw), slice the tomatoes, chop the lettuce, wash the sprouts, put it all on to a plate and leave to the side!

STEP 3 PATTY TIME – Wash the chickpeas and then throw all the ingredients into a food processor. By the time all the ingredients are in, your rice should be done so throw that in as well...

TIPS If you are using frozen corn then just cook it in a pan for a minute to bring out all the liquid. Then drain. If you're using fresh corn then ignore this.

STEP 4 Blend till everything combines, but don't over blend it... otherwise it becomes runny and not good !

STEP 5 Take a baking tray, and line it with baking paper. Grab a spoon, and start scooping out patty size balls. Roll them in your hands, and squish them flat into a patty.

STEP 6 Put them in the oven for around 30 min at 180 degrees Celsius. Keep an eye on them. Timing can change depending on the oven.

STEP 7 Whilst they cook, you can prepare some sauces. Using a fork, I like to mash up my avo with some lime and pepper and you are good to go! This avo mash is totally optional.

STEP 8 PLUS my favourite tomato sauce that makes this burger. Supppper easy, take the tomato purée + American mustard + maple syrup and mix it all together. Yep, love it.

STEP 9 Patties are done and now comes the fun part - MAKING the burger, and EATING IT! Healthy, low-fat and totally guilt free. **ENJOY!**

GREEN CURRY



FOR CURRY

- 1 cup assorted mushrooms
 - 1 cup snow peas
 - 2 carrots finely sliced
 - 1 potato cubed
 - 1 large eggplant cubed
 - Half punnet of cherry tomatoes (whole)
 - 5 kaffir lime leaves
 - 2 lemon grass stems (green ends chopped)
 - 1 liter of low-fat coconut milk
 - 2 tsp coconut sugar
 - 1 whole lime juiced
 - 1/4 cup of tamarind pulp
 - Handful of basil leaves for garnish
- This dish serves 2 high-carb vegans

FOR CURRY PASTE

- 1 thumb sized piece of galangal finely grated
- 4 mild green chillies (seeds removed)
- 1 bunch of coriander stems finely cut
- 1 tbsp of black pepper peppercorns
- 1 tsp of ground cumin
- 1 tsp of ground coriander
- 2 stems of lemongrass (white end) finely cut
- 4 kaffir lime leaves finely cut
- 1 small brown onion
- 1 garlic clove crushed

TIPS TIP - We find the low-fat coconut milk in the almond and soy milk section. So it's in a carton, not a tin :)

HANDS DOWN MY FAVOURITE RECIPE AND WORTH THE EFFORT !

STEP 1 Firstly we are going make the curry paste, wash and then finely slice all ingredients (for the paste) or alternatively throw them into a food processor and pulse until everything is chopped. Add ingredients into a large mortar and pestle and grind until it forms a rough paste. We like to make the paste in bulk, and store it in the fridge for quick meals!

STEP 2 Preheat a fan-forced oven to 180 degrees celsius. Cut eggplant into cubes, spread on a tray with baking paper, and cook in the oven for 20 min or until soft. Rotate tray after 10 minutes to obtain even cooking.

STEP 3 On medium, heat a large pot and sauté the curry paste and potatoes with a dash of water for 2 min until fragrant. Add carrots followed by mushrooms and lemon grass (the green ends... we used the white ends in the paste and now we are using the left overs). Cook for 2 min before adding coconut milk, tamarind pulp and kaffir lime leaves, simmer for 15 min uncovered until all veggies are cooked. Leave the kefir lime leaves whole. In case you didn't know you don't eat the leaves, just remove them while eating.

STEP 4 The eggplant should be done. Add it along with the cherry tomatoes, cook for 2 min before adding the snow peas, sugar and lime juice. Cook for a final 5 min. The timing for all the different vegetables may seem unnecessary, but it's to keep maximum flavour and texture... no one likes over-cooked veggies ;)

STEP 5 Garnish with torn basil leaves and serve with jasmine rice or sweet potato.



Lentil dahl

ingredients

- ✓ 1 carrot finely, diced
- ✓ 1 cup of red lentils (or two cups if you don't have dahl)
- ✓ 1 cup of chana dahl
- ✓ 1 brown onion, finely diced
- ✓ 1 tbsp of coconut sugar
- ✓ 1 tsp of onion granules
- ✓ 3 tsp of curry powder (no added salt or oil)
- ✓ 1 clove garlic

- ✓ 1 red chilli (mild) finely cut, keep or removed seeds depending on how hot you want it.
- ✓ 5 cups of water or veggie stock
- ✓ 1 coriander bunch finely cut - leaves for garnish and stalks for cooking
- ✓ Half a punnet cherry tomatoes

chipatis

- ✓ 1 cup of plain flour or gluten free
- ✓ 1 quarter of a cup of water



let's get COOKING

STEP 1 Add onion, carrots, garlic, curry powder, chilli, coriander stalks and sauté with a dash of water until onions are transparent and fragrant.

STEP 2 Add red lentils, chana dhal and the 5 cups of water OR veggie stock, then add the coconut sugar and onion granules.

STEP 3 Bring to the boil then cover and lower heat to simmer for 30 minutes or until the dal is soft. Stir every 5-10 minutes.

STEP 4 Wash and cut the cherry tomatoes in half and grill for 5 min until brown (don't burn them, I have many times!).

STEP 5 Serve Dahl with white/brown basmati rice or sweet potato. Top with the grilled cherry tomatoes, coriander, lemon juice and

►This dish serves 2 high carb vegans

OKAY, now time to make the chapatis, you will actually want to make this before the Dahl as the dough needs to rest. Making these is totally optional. I usually only make them for special occasions, for friends, family, or if i have the time :) This makes a fair few chapatis, so feel free to halve the recipe if you are alone.

It's really simple...

- Sift the flour into a large bowl, add the water and mix until it forms a rough dough.
- Then put the dough on a lightly floured bench and knead until it's all combined and soft. If it's too dry add a little more water, and if it's too wet add a bit more flour! Once finished kneading cover in a bowl and let it sit for 30 min.
- 30 minutes is up! Divide the dough into smaller sections and roll out with a rolling pin. You can choose how big you want them to be, but you want them to be thin so they cook easily.
- Take a non stick pan, put on medium heat and dry fry(no water or oil). Cook for a few minutes on either side, you want to make sure it's cooked all the way through and not doughy in the middle.

Then you're all **DONE!** Serve with rice, white is what we prefer with this dish! You will actually fall in love, this is a staple dish of ours.

NO-FRY RICE



RICE AND VEG

- 1 small broccoli
- 1 cup of frozen or fresh corn
- 2 carrots diced
- Hand full of shallots/spring onions chopped
- 4 Mushrooms sliced
- 1 tin of pineapple (feel free to use fresh if you have it available)
- 2 hand fulls of baby spinach
- 1 red chilli
- Hand full of coriander
- 2 dry cups of white jasmine rice

TERIYAKI SAUCE

- 1/4 CUP of coconut sugar
- 1 small garlic clove - crushed
- 1 small nob of ginger - finely grated
- 1/2 cup of water
- 1 tbsp of low sodium Tamari sauce
- 1 tbsp of corn starch mixed with 1 tbsp of water

►This dish serves 2 high carb vegans

STEP 1 So, to start with you want to give your rice a good wash and then cook it according to the packet in a rice cooker or on the stove.

STEP 2 Whilst the rice is cooking go ahead and chop up all the veggies. In a non-stick fry pan or wok, heat up a dash of water. When the pan is hot throw in the carrots, broccoli and shallots first then a few minutes later add the rest of the veggies. Its important to remember that when you're not using oil you may need to add water as you go to avoid anything from sticking. :)

STEP 3 Turn the veggies down to a medium heat and whilst that cooks begin your sauce! In a small pan/pot heat the crushed garlic, grated ginger, tamari and coconut sugar, stir and let it cook for a minute and then add the water! In a small bowl mix the tbsp of corn starch with the tbsp of water and stir. Add the cornstarch mixture to the sauce, let it cook and thicken for a further 2 min.

STEP 4 Once the rice is cooked, throw it in the pan with the cooked veggies, pour your delicious sauce on top and mix it all through! YUM we love this dish. Top with coriander, fresh chili and you are **GOOD TO GO!** Sometimes I also add sriracha, because I'm an addict... don't judge me.



CHIPPIES WITH PUMPKIN HUMMUS



►This dish serves 2 high carb vegans

CHIPS

- Potatoes (as many as you want)
- Smoked Paprika
- Curry powder (no added salt or oil)
- Onion Granules
- Coconut sugar

Tomato sauce

- 2 tbsp tomato purée
- 1 tbsp maple syrup
- 1 tsp american mustard

PUMPKIN HUMMUS

- 1 tin of chickpeas (no added salt)
- 1 cup of steamed Pumpkin
- 1 of clove garlic
- 1 tsp of smoked paprika
- 1 tsp of onion granules
- Half a tsp of cumin
- Juice of a whole lemon
- 1 tbsp of black pepper

STEP 1 Preheat oven to 180 degrees celsius.

STEP 2 Wash, peel (or not your choice), pat dry and cut potatoes evenly into chip sizes.

STEP 3 In a large bowl toss chips with equal amounts of paprika, onion granules, coconut sugar and curry powder. Give them a nice coating.

STEP 4 Spread all chips on a baking tray with baking paper and cook in the oven for roughly an hour but this greatly depends on the chip size and the oven.

Every 20 minutes rotate the tray so the chips cook evenly. This is super important otherwise you might end up with some burnt chips and others that are underdone.

STEP 5 We like to have our chips with lettuce wraps! So hydrating and delicious . To go in our wraps we grate up some cucumbers, but you can put anything you like... grated beetroot, celery and carrot are also really yum!

TOMATO SAUCE - This combo is perfect! Just mix together the tomato purée, maple syrup and mustard and dip away :)

PUMPKIN HUMMUS

STEP 1 Rinse the chickpeas and add all ingredients into a food processor and blend until smooth.

Garnish with some finely cut parsley **DONE!**



MOROCCAN TAGINE

INGREDIENTS

- 1 onion, finely chopped
- 1 garlic clove crushed
- 2 carrots diced
- 2 zucchini diced
- 2 tsp of cumin
- 1 tsp of cinnamon
- 1 tsp of paprika
- 1 small knob of fresh ginger (grated)
- 1 tin of diced tomatoes(400g)
- 1 cup Water
- Half a head of a medium sized cauliflower
- 1/2 cup of sultanas
- 400g/half a small pumpkin, peeled and cut into cubes
- Handful of chopped mint
- 1 can of chickpeas (optional)

► Serve with couscous, quinoa or rice



►This dish serves 2 high carb vegans

This dish is a little different but so tasty. If you aren't a big legume person then you totally don't need the chickpeas and even though I forgot to put the cauliflower in the photo, it's the star of the dish... So make sure you don't forget it like me :)

STEP 1 Cut the cauliflower into small florets, place on some baking paper and cook in the oven for 20min at 180 degrees celsius.

STEP 2 Heat some water in a non-stick pan/pot, add onions and garlic and sauté for 3 min or till translucent.

STEP 3 Add cumin, cinnamon, paprika, ginger and cook for 2 minutes. Then add all remaining ingredients. Cover and simmer for 15min.

STEP 4 After 15min of cooking we are going to remove the lid and let it simmer for a further 15min or until the tomatoes reduce and the sauce thickens.

STEP 5 Cook couscous as per package instructions. The general rule of thumb is 1 cup couscous to 1 cup boiling water. Add into a heatproof bowl and let it sit for 5 min or until water is absorbed.

STEP 6 Once the tagine is cooked, mix through the crunchy cauliflower some chopped mint. Season with pepper!

►We drizzled this with a tahini dressing (just tahini, water and lemon juice mixed). **ALL DONE !!**

BURRITOS



BEAN CHILLI

- 1 small onion diced
- 1 small clove of garlic - crushed
- 1 mild red chilli
- 1 finely chopped carrot
- 2 tins of tomatoes
- 1 tin of refried beans or kidney beans
- 1 tin of cannellini beans
- 1 small red capsicum – chopped
- 1 cup of frozen or fresh corn
- 1 tsp of America mustard(optional)
- 2 teaspoons of cajun blend * see below
- 1 tbsp of lemon juice
- 1 tsp of coconut sugar
- 2 Hand fulls of coriander

Cajun mix- is a blend of – cumin, smoked paprika, cayenne pepper, thyme and pepper.

PEA and AVO GUAC

- 1 small avocado
- 1 cup of frozen peas
- Juice of 1 lime
- Black pepper

Tomato salsa

- 1 punnet of cherry tomatoes
- Hand full of basil

Cucumber salsa

- 2 Cucumbers
- hand full of dill

- Burrito wraps and or Lettuce cups (iceburg or cos)
- RICE- as much as you want. We use 2 cups of white basmati
- This dish serves 2-3 high carb vegans

BURRITOS are the BEST! Even though it might look like a lot of steps it's actually really easy. If we are feeling lazy we just have the bean chilli with rice in a bowl (burrito bowl) and it's still SO GOOD !!!

STEP 1 Firstly you want to put on the rice. So do that.

STEP 2 Chop all the ingredients for the chilli, in a non-stick pan heat a splash of water, then throw in the onion, garlic, chilli, cajun spices and carrots. Be sure the pan is on a medium heat and add more water if anything begins to stick.

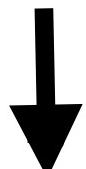
STEP 3 Whilst that cooks for a minute, prepare the beans. If you are using kidney beans strain and wash them thoroughly. Then in a bowl mash the beans with a fork to form a thick paste. If using re-fried beans, then just add them as is. Also add the cannellini beans(as is), the capsicum, the tinned tomatoes, the mustard and the corn. Having the 2 different textures of the refried beans and the whole cannellini beans really adds a great element!

TIPS Make sure you also wash the cannellini beans thoroughly! Washing your beans is super important and helps prevent gas.

STEP 4 Cover and let the chilli cook on low heat. In the mean time you can prepare the guac. In a small food processor add all the ingredients and blitz until smooth.

Now I like my chilli fairly thick, that way it doesn't soak through the wraps. If your chilli is looking a bit thin at this point then leave the pan uncovered on low heat and it will thicken. Don't forget to stir for every few minutes :)

STEP 5 Last but not least I make two small salsas to add in to the burritos! And of course the pea GUAC!



Cucumber and dill SALSA

Add the chopped cucumbers and chopped dill into a small bowl, toss and season with lemon juice and pepper.

Tomato and basil (or coriander) SALSA

Combined chopped cherry tomatoes and chopped basil in a bowl and season with lime and pepper.

TIPS Be sure not to chop the basil too fine, as it may turn bitter, just ripping it up in your hands usually works best! I LOVE basil, especially with tomatoes, BUT coriander is a more Mexican herb so most people think it goes better... We love both in this dish so use both, or whatever herb you prefer!!

PEA and AVO GUAC

Take all the ingredients for the guac and blend in a food processor or a blender until smooth and creamy. :)

NOW Everything should be done and you're ready to serve UP!!!

Always look for wraps that are low in sodium and oil free. Sometimes after I have wrapped my burritos I grill them in the pan for a few seconds on each side to add that extra crunch!

ALSO we love using the lettuce as wraps ...or slice up some lettuce to put in the burritos. So many options... **ENJOY** :)

#CARBOLICIOUS



creamy Pasta



INGREDIENTS

- 500g of pasta (whatever style you prefer)
- 1 bunch of brocolini
- Hand full of fresh basil
- Half a punnet of cherry tomatoes
- 1 clove of garlic

►This dish serves 2 high carb vegans

WHITE SAUCE

- 2 cups of oat milk
- Half a head of cauliflower
- 1 mild red chilli
- 1 tbsp of Italian herb mix
- 1 tsp of white miso paste
- 2 tsp of nutritional yeast
- 1 tsp smoked paprika
- 2 tsp of corn starch mixed with 2 tsp of water

STEP 1 Put on a large pot of water for the pasta.

STEP 2 Pre-heat your oven to 200 degrees celsius and line a baking tray with baking paper. Roughly chop the cauliflower into small pieces, place in a small bowl and toss with some smoked paprika. Then place onto baking tray and bake for 20 min or until slightly brown...every oven is different so keep an eye on them.

STEP 3 While that's in the oven, chop up the broccolini and dice the red chilli. Remove the chilli seeds if you don't want it too hot, AND don't forget to give the broccolini a good wash... Once Tim didn't wash it very well and yeah lets just say it was a crunchy stir-fry...#foreverscarred.

STEP 4 Heat a non-stick pan on medium-high heat with a splash of water. Add the garlic, red chilli and broccolini. Cook for 5 or so minutes, or until desired texture, then remove from heat and sit aside.

If the water is now boiling go ahead and add your pasta. Usual cooking time is around 10 minutes.

STEP 5 Cauliflower should be done, so it's time to make the white sauce. Add all sauce ingredients except the corn starch, to a blender or food processor. Blend until smooth using the pulse method.

STEP 6 Transfer the sauce to a pot on medium heat. Don't forget to check your pasta ;) To finish off the sauce mix the cornstarch with the 2 tsp of water in a separate dish and then add to the sauce. Stir and let the sauce thicken for a few minutes.

TIM'S TIPS Cornstarch is a thickener so like I've said in other recipes its important to mix it with water before adding to any sauce.

STEP 7 In the meantime we are going to grill the cherry tomatoes in the grill/oven. Slice them in half and put them in for 5 minutes.

STEP 8 Now all you need to do is serve your pasta in a bowl, add the broccolini and pour over that creamy sauce. Top with the grilled cherry tomatoes, fresh basil, lemon juice and LOTS of pepper... I like pepper.

DONE!

STIR NO FRY



STEPS

Just a heads up, this stir-no-fry needs a few hours to marinate! So you need to make it early in the day if you want it for dinner :)

This dish was inspired by my sister in law Sarah! My brother invited us over for dinner and on the phone he said... “we are making a stir no fry”. I thought that meant a stir-fry with no oil, and was like “sweet”, but then he was all like “no it’s raw” and I was all like “ooooo what... I dunno about that” and he said “shutup you will like it, trust me”

Anyway long story short, I wasn’t overly excited about this dish at first! However, Sarah proved me SO wrong and I was HOOKED at first bite.. so here’s my take on it. :)

STIR FRY

- Quarter of a red cabbage
- Quarter of a white cabbage
- 3 zucchinis spiralized
- 2 corns (the kernels off both)
- 1 bunch of bok choy finely sliced
- 1 red capsicum finely sliced
- 3 grated carrots
- 2 grated cucumbers
- 4 mushrooms chopped
- 1 bunch of coriander – chopped
- 2 cups of bean sprouts
- Half a cup on chopped spring onions (the white ends)

SAUCE

- Small nob of ginger – grated
 - 1 fresh red chilli – diced
 - 1 small clove of garlic – crushed
 - 3 tbsp of coconut amino
 - Lime juice – 1 whole lime
 - Lemon juice – 1 whole lemon
 - Orange juice – 1 whole orange
 - 1 tbsp of coconut sugar
 - 2 tsp of lemon zest- grated
- This dish serves 2 high carb vegans.
►We eat it with rice or sweet potatoes.

STEP 1 This recipe is super easy! Chop/grate all the stir-fry ingredients and mix into a large bowl.

STEP 2 Mix up the sauce in a bowl. Pour the sauce over your veggies. Now you need to let them marinate in the sauce for at least a few hours, (I do it over night). Cover the bowl or container and pop it in the fridge to begin marinating. The veggies will give off water and add to the sauce, feel free to add more coconut amino’s if you like. **DONE!**

This is a big portion because we like to eat big...It's a great dish for lunch with some sweet potatoes or dinner on a hot night... Thanks Sarah!

POTATO BOWLS



Okay last but not least is a simple potato/veggie bowl...it's just a super easy recipe to give you ideas for everyday meals! This is what a typical dinner or lunch would look like for me, super quick and so delicious. Don't underestimate the power of a good potato bowl. The options are endless! Here are some ideas of what you could use.

- Baked or steamed white or sweet potato
- Grated carrots
- Grated beetroot
- Rocket
- Mushrooms
- Chickpeas
- Red beans
- Brown lentils
- Coriander/dill
- Quinoa
- Greens
- Capsicum
- Tamari (sauce)
- Sesame seeds (toppings)
- Corn
- Red onion

BEAN SAUCE - The bean sauce above is just kidney beans, coriander, tsp of onion granules, half a red red onion and 3 cherry tomatoes blended.

THANK YOU



Tim and I just want to say a big THANKYOU for supporting us and this movement by purchasing this book! We are so happy that we can share these recipes with you and I hope you have found some inspiration and information that will help you live a healthy happier lifestyle! I fell in love with writing this book and look forward to sharing more.

I hope this book has shown you that veganism deprives us of absolutely nothing, but on the contrary it does provide us with a priceless gift: the peace of knowing that what we put in our body is no longer supporting the horror that is, animal exploitation and environmental destruction.

And never forget, you are what you eat. How you fuel your body will help determine how you respond to everyday life situations, your mood, clarity, purpose, energy, awareness, human interaction, connections ... It's the foundation of everything. Take control and always remember to stay CARBED UP !

BONNYreBECCA XXX